

WHAT DO I DO FOR SEVERE DEGENERATIVE ILLNESS

Outline

THE INCURABLES PROGRAM

Food Program:

| | |
|----------------------------------------|-----------------------------|
| 90% raw, uncooked foods | <i>See Handouts: Bowel</i> |
| <i>Cleansing Program</i> | |
| Two meal a day plan | <i>Foundational Program</i> |
| Candida Diet | <i>Essiac Instructions</i> |
| Sole' | <i>Hydrotherapy Handout</i> |
| Recipes; What to eat and what to avoid | <i>Kidney Flushing</i> |
| Green Smoothies | <i>Liver Flushing</i> |
| Fresh squeezed Vegetable Juices | <i>Other</i> |
| SuperOneFood | |

Supplements:

Possible Black Salve/Red Salve followed with drawing salve
Anti-oxidants; *Mangosteen, Power4, Acai, Sea Buckthorn,*
Opti-force, Defense, *Liquid Chlorophyll-*
peppermint, IP6. Pick 2-3 or more.
Natural Chemotherapy/Calcium OHS
Delta Toco-Trienols (Vit E)
Progesterone Cream (PMS)
Male/Female Balance Formula
Liquid D3
Multivitamin by Divine Nature's whole food supplements
Digestive aides if necessary; Betaine HCL, Digestion, Fat/Sugar,
Probiotics
Blood Lymph Detox
Pau D'Arco
Triple Tincture/Echinacea
Essiac Instructions
Bowel Cleanse
Liver Flush
Kidney Flush

Poultice: See handout

Black Super Draw
Castor Oil
Other

Exercise/Rest Daily exercise program of vigorous exercise;
Proper times of rest...

Hydrotherapy: See handout

Contrast Showers

Fever Therapy; Wet Sheet pack, FAR, Local Thermal

Massage: Lymph drainage, Good muscle relaxation

Health Concerns:

Teeth—Root Canals, Silver Fillings need to be removed or replaced

Chiropractors—good spinal alignment